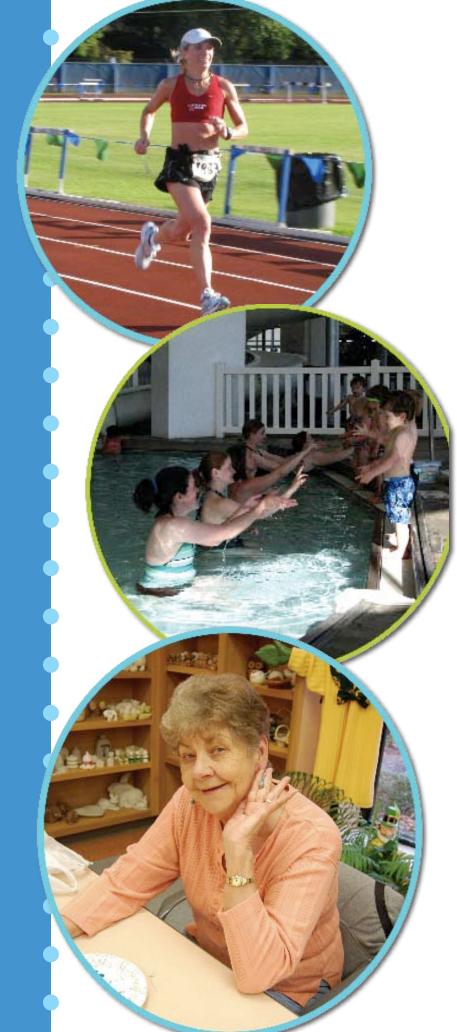
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Top Row, Left to Right: Shane Phillips, Steve Toombs, Mike Philpott, Tommy Gregory, Thomas Laird, Jason Lowe. Middle Row, Left to Right: Shane Whitworth, Gary Arbit, Terry Womack, Gernell Floyd, Angela Jackson, Bart Fite, Nate Williams, Terry York. Bottom Row, Left to Right: Shelia Hodges, Cindy Nance, Deborah Paschall, Rachel Singer, Lanny Goodwin, Marlane Sewell, Steve Wallace, Joe Maloney. Not Pictured: Niki Witten, Dennis Nipper, CC Carr, Tom Sage, Russell Smith, Beth McDaniel, Beeki Johnson, Chad Hill, Trina Publich, Allison Davidson

Murfreesboro Parks and Recreation Department

Administration: 890-5333

Lanny Goodwin, CPRP, Director -lgoodwin@murfreesborotn.gov

Aquatics: 895-5040 or 893-7439

Nate Williams - nwilliams@murfreesborotn.gov Niki Witten - nwitten@murfreesborotn.gov

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Wilderness Station: 217-3017

Rachel Singer, 893-2141 - rsinger@murfreesborotn.gov

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McFadden Community Center:

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Sports*Com: 895-5040

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Marketing and Special Events

Becki Johnson, 893-2141 - bjohnson@murfreesborotn.gov

Join our Email Event List!

Sign up at:

www.murfreesborotn.gov/parks









The City of Murfreesboro does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, or disability. Any complaint alleging discrimination may be filed with the Mayor of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of the Murfreesboro Parks and Recreation Department at 890-5333 or TDD 849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Barfield Crescent Rd., to receive a copy of its financial assistance policy.

Cable TV - Channel 3

Please watch the Parks and Recreation Commission meetings each month, usually the



1st Wednesday of every month, for the latest news and developments of Parks and Recreation. We are often featured on our monthly video: MPRD Update, the segment, In the City, as well as on the daily bulletin.

Mistakes Happen...

Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, the staff will do everything possible to correct the situation promptly. Check our website, www.murfreesborotn.gov/parks for the latest updates and changes.

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.



The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro.

Commission Members: Mr. D. Edwin Jernigan, Chair, Mr. Chris Bratcher, City Council, Mr. Tim Roediger, Ms. Elsie Easter, Mr. Harold Yokley, Mr. Eddie Miller, Vice Chair, Mr. Tim Tipps, Dr. Linda Gilbert, Mr. Shane McFarland, City Council, and Mr. Bill Allen (ex officio).

MPRD Mission Statement:

To plan, organize, implement and promote a comprehensive delivery system of programs, facilities, and areas which enhance the community's quality of life.

Refund Policy

- A full refund will be given when a patron cancels more than one week prior to the activity, event, facility rental, program, other rentals and/or services.
- -A \$5.00 administrative fee or 5% charge of the total fee paid, whichever is greater, will be assessed to the patron when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services one week or less prior to the activity, event, etc.
- A prorated fee will be assessed to the patron once the program, class or activity has begun and patron cancels or drops out of said program, class or activity.

Job Opportunities with Murfreesboro Parks & Recreation

Interested in working with us? Please visit our city website: www.murfreesborotn.gov and click on the "Job Listings" section for the latest information about full-time and part-time positions available with Murfreesboro Parks and Recreation.

MPRD Website: www.murfreesborotn.gov/parks





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Patterson Community Center

Reservations & Information: 893-7439

Located at Patterson Park (521 Mercury Blvd.) in the central area of Murfreesboro. Some of the amenities are: two gymnasiums, theatre, indoor water park, game room, conference center, 1/8 mile track, wellness center, aerobics studio, dining room and library. Meeting rooms are available seven days a week, and the pool on weekends for rentals only.

Hours: M-F 6a.m.-9p.m./ Sat. 8a.m. - 5p.m./ Sun. 1-5p.m.

Sports*Com

Reservations & Information: 895-5040

Sports*Com is located at McKnight Park (2310 Memorial Blvd.) in the northern area of Murfreesboro. Amenities include a gymnasium, 1/16 mile track, aerobics area, fitness equipment, game room, meeting room, 25-yard indoor pool, 50-meter outdoor pool, and 4 sand volleyball courts. The pools are available for rental on weekends, and the meeting rooms are available seven days a week.

Hours: M-F 6a.m.-9p.m./ Sat. 8a.m. - 5p.m./ Sun. 1-5p.m.

Recreation Centers: Holiday Hours

Sunday, April 4, 2010: Easter - Closed

Monday, May 31, 2010: Memorial Day- Closed

Admissions & Passes

	Daily	30 Visits	Monthly	Yearly	Family*	
Premium	\$4.00 / \$3.00	\$60.00 / \$45.00	\$35.00 / \$25.00	\$315.00 / \$225.00	Yearly \$450.00	
General	\$3.00 / \$2.00	\$45.00 / \$30.00	\$25.00 / \$15.00	\$225.00 / \$135.00	90-Day \$150.00	

First fee listed is Adults and second fee listed is Youth & Seniors. One child under age 4 is free with a paid adult. Does not apply to city-sponsored wellness or fee-based classes. Ages for rates: Youth (4-17), Adult (18-59) & Senior (60+).

Premium Pass:

Includes admission to both PPCC and Sports*Com, pool, all areas of the center, including racquetball courts, and city-sponsored wellness classes. Does not include fee-based classes.

General Pass:

Includes admission to both PPCC and Sports*Com, pool and all areas of center. Does not include city-sponsored wellness classes, fee-based classes or racquetball courts.

*Family Pass:

The 90-day family pass includes general admission privileges and the yearly family pass includes premium pass privileges & Tot Watch. Family is defined as married husband and wife, or parent with dependent children 17 years or younger (22 years or younger if full-time student).

Monthly = Unlimited daily visits for 30 days from date of issue. / **30 Visits** = 30 daily visits over a one-year period from date of issue. **Yearly** = Twelve months from date of issue.

Tot Watch

Available at Sports*Com & Patterson Community Center for ages 6 months - 7 years.

Cost: Premium Yearly / Monthly Pass Holders: \$1.00/child

General Pass Holders, Premium 30-visit pass holders or daily admission: \$3.00/child

Note: Tot Watch is included in the Family Yearly Premium Pass only.



Recreation Facilities



Wilderness Station

Reservations: 217-3017

Located in the Barfield Crescent Park (697 Barfield Crescent Road), the Wilderness Station is the city's unique outdoor awareness and adventure facility. It is nestled along the edge of the woods, just a short drive past the disc golf area. Adventurous families, scouts and youth groups can camp in the primitive Backcountry Campground. Some of the amenities are: two educational classrooms, outdoor camping supplies and campsites. The retreat room is available for rental. Evening rentals and programs based on staff availability.

Hours: Tuesday - Saturday - 9:00a.m.-5:00p.m.

Closed on Sundays & Mondays.

Call us for Holiday Rentals and after hours details!

Cannonsburgh Village

Reservations & Information: 890-0355

The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925. Located at 312 S. Front Street in Murfreesboro, TN. Cannonsburgh is ADA accessible. Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, visitor center and period gifts. The Williamson Chapel, Leeman House and Gazebo are available for weddings and receptions on weekdays and weekends. Cannonsburgh is also available for company picnics, social gatherings or themed events. Call Tuesday through Friday, 10 a.m. – 4 p.m. for rental fee and day/time availability at 615890-0355.

<u>Winter Office Hours:</u> December 1, 2009 - April 16, 2010 – Visitor Center open Tuesday through Friday, 10 a.m. – 4 p.m. Closed Saturday, Sunday & Monday. The historic buildings are closed through the winter. The farm implements, tractors and grounds may be viewed year-round.

McFadden Community Center

Reservations: 890-5333

The McFadden Community Center is on 3 acres located at 211 Bridge Avenue. The McFadden Community Center includes a gymnasium, outdoor playground, community room, game room, arts and crafts room and is the home of the Bradley Nursery School and Rutherford County Food Bank. The gymnasium and game room are available for rental only on Saturdays and Sundays.

Hours: Monday-Friday 3-8p.m.



www.murfreesborotn.gov/parks for more information!





Reservations: 890-5333

The community park area at Siegel is located at 515 Cherry Lane. There are 3 picnic shelters. The 2 small shelters are first-come, first-serve. The large shelter is available for rental seven days a week, April-October.

Restrooms are open year-round.

Shelter No. B Seats Approx. 30 Shelter No. C Seats Approx. 30 Shelter No. A Seats Approx. 75

Barfield Crescent Park

Reservations: 890-5333

Barfield Crescent Park is a 430-acre +/- community park located at 697 Barfield Crescent Road in the southern area of Murfreesboro. Some of the amenities are: 2 playgrounds, walking/jogging trails, a frisbee (disc) golf course, volleyball net, horseshoes, and tetherball. Restrooms are located between #5 and #7. Pavilions 1,2,5,6,7 and 8 are available for rental seven days a week, April-October, with pavilions 3,4,9 and 10 available first-come, first-serve.

Shelters No. 1,5,6,8
Shelter No. 2
Seat Approx. 100 each
Shelter No. 2
Seats Approx. 312
Shelters No. 3, 4,9,10
Seat Approx. 24 each

New! Gateway Island & Trail

Reservations: 890-5333

This latest addition to the Murfreesboro Greenway System showcases a state-of-the-art reception center, gazebo, cascading waterfalls, fountains and lake overlook. Adjacent to a lighted greenway section, the island is located conveniently to the Gateway local businesses. Reception Center includes a catering kitchen, multipurpose room (15-20 capacity) and restrooms that are accessible to the public during park hours. Half Day & Full Day rentals are available.



General Bragg Trailhead

Reservations: 890-5333

The General Bragg Trailhead is located at 1450 W. College Street. Some of the amenities are: a trailhead for the Stones River Greenway, picnic shelter, playground and a dog park. Restroom is attached to the shelter.

1 Picnic Shelter Seats Approx. 45

McKnight Park

Reservations: 890-5333

McKnight Park is an 81-acre community park located at 120 DeJarnette Lane in the northern area of Murfreesboro. 1 Picnic Shelter Seats Approx. 80

Patterson Park

Reservations: 893-7439

Patterson Park consists of 10 acres and a 110,000 square foot facility located at 521 Mercury Blvd. The small shelter is first-come, first-serve.

The large shelter is available for rental; please call 893-7439.

Large Shelter Seats Approx. 100

Small Shelter Seats Approx. 50

Rogers Park

Reservations: 890-5333

Rogers Park is a 7.5-acre park located at the end of Hunt St. (1115 Hunt St.). The facility includes: a picnic shelter with restrooms and picnic tables, an octagon-shaped picnic shelter with tables, two tennis courts, two basketball courts, a walking/jogging track, a playground and an open play field. Both shelters are available daily for rentals, April-October. Restrooms closed November-March.

Shelter No. 1 Seats Approx. 80
Shelter No. 2 Seats Approx. 45

Old Fort Park

Reservations: 890-5333

Old Fort Park is a 50-acre community park located at 1024 Golf Lane. Facilities include 3 picnic shelters (2 with restrooms), Kids' Castle Playground, concessions with bike and tennis rentals, 24 tennis courts, greenway access and open play space. Restrooms are located at shelter #3. Shelters are available daily for rental. Picnic tables without shelters located throughout the park are first-come, first-serve.

Shelters No. 1, 2 Seat Approx. 80 each Shelter No. 3 Seats Approx. 120

New tennis courts at Old Fort Park are now open for play! Call 907-2251 to reserve.





Cannonsburgh Trailhead	Overall Street Trailhead	Fortress Rosecrans Trailhead	Old Fort Park Trailhead	Redoubt Brannan Trailhead	Manson Pike Trailhead	General Bragg Trailhead	Broad Street Trailhead	Thompson Lane Trailhead	Murfree Spring Wetlands	West View Mini-Park	Walter Hill Park	Siegel Soccer & Community Park	Old Fort Park	Rogers Park	Oaklands Park	Jaycees Mini-Park	Bark Park - Off-leash dog park	Barfield Crescent Park	Gateway Island	Cannonsburgh Village	Wilderness Station	McFadden Community Center	Sports*Com / McKnight Park	Patterson Park & Community Center	Locations: 890-5333
													•		•										Baseball / Softball Fields
																						•	П	•	Basketball
																									Camping
	•		•		•		•		•				-												Bike Path
																							П	•	Fitness Center
					•		•				•														Fishing
													•												Concessions
	•		•		•		•													•					Greenway Access
	•		•		•		•		•						•										Hiking / Jogging
																									Horseshoes
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			•										•		•					•				•	Picnic Shelter
											•									•					Picnic Area
			•										•									•		•	Playground
																								•	Racquetball
					•						•		•												Canoe / Kayak Access
																								•	Soccer
			•		•			•	•				•		•					•		•		•	Restrooms
																								•	Swimming
			•										•											•	Tennis
													•		•										Volleyball

Special Events

Underwater Egg Hunt

The Aquatics division would like to invite you to come to our one-of-a-kind Under Water Egg Hunt. This is our sixth year of putting on this show! Eggs aren't just under cabbage leaves anymore! Help us gather all the eggs off the pool floor. There will be eggs to be found by all and even a few golden eggs for those who really search! Make sure to bring a bag or basket to hold your eggs while you are on your egg hunting adventure in the water!

2 years to 9 years Ages: March 27, 2010 Date: Saturday Days:

Registration begins 8 a.m. Time: Jump is at 10 a.m.

Free swim and egg hunt water fun until 11:45 a.m.

Location: Patterson Park Pool

\$5.00 per child. May preregister to ensure a spot. Maximum capacity is 150 Fee:

jumpers.

Contact: Niki Witten - 615-893-7439 nwitten@murfreesborotn.gov



Citywide Easter Egg Hunt

Children of all ages will enjoy this hunt. Participants will hunt for eggs and then exchange them for prizes at our egg-change booth. Age appropriate hunts will be offered repeatedly throughout the event, ensuring that everyone has a fair chance. In addition there will be carnival-style games and a visit from the Easter Bunny.

Ages: All Ages Date: April 3, 2010 1:00 P.M Time:

Location: Richard Siegel Community Park

Fee:

Thomas Laird - 615-867-4913 / tlaird@murfreesborotn.gov Contact:



true pioneer fashion with

butter churning, old-time music & dance, hayrides, blacksmithing, and other old-time demonstrations. Also enjoy an antique auto and art exhibit. Over 40 Crafters and Food Vendors.

Ages:

April 17, 2010 Date: Time: 10a.m.-5p.m.

Cannonsburgh Village, 312 S. Front St Location:

Fee:

Cannonsburgh, 890-0355, or tcline@murfreesborotn.gov

World Turtle Day: An Environmental Awareness Event

Come join us as we partner with the Discovery Center in a day dedicated to our shelled friends as we celebrate and discover ways to increase turtle conservation around the world. Participate in the World's Slowest Hike and stop at each turtle station to learn about the different species that inhabit our planet. In addition, find out steps to become a better GREEN family at home and in your schools to help out all the critters on this planet - including us! Activities, crafts, live animals, and free Turtle Tracks

fun for the whole family to enjoy. Ages: May 22nd Date: 2 - 4 p.m. Time: Murfree Location: Springs at the Discovery Center Contact: Rachel Singer, 217 - 3017

ice cream (while





Special Events



The Small Fry Tri – A Triathlon for Preschoolers

Murfreesboro's Smallest Triathlon! Kids will run, bike, and swim (really run through sprinklers) to the finish line, where everyone receives a trophy. Parents, older siblings, or personal trainers may help. Bring a bicycle or tricycle and a helmet. Preregistration is highly recommended. Preregister at the Wilderness Station between Monday, May 31st, and Friday, June 11th. Purchase your event packet with everything that you need for the day.

Ages: 2-6

Date: Saturday, June 12

Time: 10:00 a.m. – 11:00 a.m. (Races will be held about every 10 minutes.) Come early

if you register the day of the event.

Location: Old Fort Park Trailhead Fee: \$6 (includes trophy)

Contact: Angela Jackson, 893-2141, or ajackson@murfreesborotn.gov

Barfield Beach Party

Who said there were no beaches in Murfreesboro? We want to invite you to Barfield Crescent Park, where on the first Friday in May we have a real beach party. Over 60 tons of sand is used to create the beach, before it is used throughout the park systems. Come join us for music, dancing and a variety of games and activities.

Ages: All Ages
Date: May 7, 2010

Time: Party begins at 5:00 P.M. Location: Barfield Crescent Park

Fee: Free

Contact: Thomas Laird - 615-867-4913 / tlaird@murfreesborotn.gov





A Stones Throw Away: A Cleanup Along the Greenway

We need your help cleaning up the greenway! Volunteers will pick up trash beside the trail, on the banks of Stones River and Lytle Creek, or even in the water. Keep a close watch for tags hidden on the trash - they can be exchanged for prizes! Trash bags, gloves, water and snacks will be provided.

Bring: Wear sturdy shoes and clothes that can get wet and dirty.

Ages: All

Date: Saturday, May 15th Time: 9:00 a.m. to 12:00 noon

Location: Overall Street Trailhead at Old Fort Park, 410 Overall Street

Fee: Free

Contact: Angela Jackson at 893-2141 or ajackson@murfreesborotn.gov

Hershey's Track and Field Local Meet

More than 400,000 children compete in the Hershey's Track and Field Games annually - making it the Largest youth sports program of its kind in North America. Here is your opportunity to become a part of it all. Winners of this local meet will go on to the district where they will qualify for the State. Winners of the state meet will be considered for the North American Finals team. All children ages 9 - 14 should take advantage of this free program.

Ages: 9 - 14

Date: May 15, 2010

Time: Registration begins at 8:00 a.m.
Track meet starts at 10:00 a.m.

Location: Riverdale High School Track

Fee: Free

Contact: Thomas Laird – 615-642-3725 / tlaird@murfreesborotn.gov





Patterson Park Pool Schedule

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6a.m12:45p.m. / 2-8:45p.m.	6a.m12:45p.m. / 2-8:45p.m.	6a.m12:45p.m. / 2-6:30p.m.	9a.m12p.m.	N/A
Anchored Down Aqua	8-9a.m.	8-9a.m.	8-9a.m.	N/A	N/A
Squeaks n' Creaks	9-10a.m.	9-10a.m.	9-10a.m.	N/A	N/A
New! H2O Cardio Class	5:30-6:30p.m.*	N/A	5:30-6:30p.m. *	N/A	N/A
Rec Pool Play & Open Swim	10a.m12:45p.m./ 2-7p.m.** / 7-8:45p.m.	10a.m12:45p.m./ 2-7p.m./ 7-8:45p.m	10a.m12:45p.m./ 2-6:30p.m.	1-4:30p.m.	1-4:30p.m.
Pool Rentals	N/A	N/A	7-9p.m.	12-1p.m./5-7p.m.	5-7p.m.
Swim Preschool (see page 12)	4-7p.m.	N/A	N/A	9a.m12p.m.	N/A

^{*}Lap lane availability will vary on the time of day. 6-8a.m. is dedicated to lap swim only. All other times, there are 2-3 lanes available at first-come, first-served.

**Rec Pool Play & Open Swim:

The water slide and water playground are open play. The lap lanes are reserved for lap swimming and individual water exercise. On Mondays & Wednesdays, 3:30-7p.m., the number of swimmers allowed during rec pool play may be limited due to swim lessons. It is advised to check the swim lesson schedule on page 12 for dates of possible early closings.

Anchored Down Aqua:

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

Squeaks n' Creaks:

An arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class. Perfect for the beginner or a back-to-fitness exerciser.

H20 Cardio Class:

It is a low impact, fast-paced class aimed to up your heart rate and burn those calories off. Don't be fooled though. After your cardio section there will be time to target the abs, tone your arms and lift that bottom with special moves that only the water allows.







Sports*Com Indoor Pool Schedule

Activity	Monday, Wednesday & Friday	Tuesday & Thursday	Saturday	Sunday
Lap Swim	6-8a.m. / 11a.m1p.m. / 3-6p.m. (1 lane)	6-8a.m. / 11a.m1p.m. / 3- 6p.m. (1 lane)	8a.m 12p.m.	N/A
Shallow H2O Exercise	8-9a.m. / 6-7p.m.	8-9a.m.	N/A	N/A
Gentle Joints	9-10a.m.	N/A	N/A	N/A
Deep H2O Exercise	10-11a.m.	9-10a.m. / 4:30-5:30p.m. / 6-7p.m.	8:30-9:30a.m.	N/A
Toning	N/A	5:30-6:00p.m.	N/A	N/A
Individual Rehab	10-11a.m.	9-11a.m.	N/A	N/A
Open Swim	3-6p.m. / 7-8:45p.m.	7-8:45p.m.	1-4:30p.m.	1-4:30p.m.
Pool Rentals 895-5040	N/A	N/A	12-1p.m./5-7p.m.	5-7p.m.
Swim Academy (See page 12)	N/A	4-6p.m.	9a.m 11a.m.	N/A

Shallow H20 Exercise:

A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.

Gentle Joints:

A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

Deep H20 Exercise:

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

Toning:

This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength workout on abs, upper and lower body! Stay after the 4:30-5:30pm class or come early for the 6:00-7:00pm class.





Swim Preschool

Even though the weather is cold, water safety should still be a top priority. Make sure your children are developing and continually improving their water skills. Enroll them in The Swim Preschool of Murfreesboro to ensure they have knowledge of the water that is sure to last a lifetime. Our classes are based on the American Red Cross Learn-to-

Swim program and taught by certified Water Safety Instructors.

Ages: 6 months to 4 years

Dates: March 1 – March 17, 2010 (Monday & Wednesday / Classes begin from

4 p.m. -6 p.m. depending on level)

April 5 – April 21, 2010 (Monday & Wednesday / Classes begin from

4 p.m. -6 p.m. depending on level)

May 3 – May 19, 2010 (Monday & Wednesday / Classes begin from

4 p.m. -6 p.m. depending on level)

April 10 – May 1, 2010 (Saturdays / Classes begin from 8:15 a.m. -11a.m.

depending on level)

May 8 – May 29, 2010 (Saturdays / Classes begin from 8:15 a.m. -11 a.m. depending on level)

Location: Patterson Park Community Center

Fee: \$60 ** Registration is required

Contact: Niki Witten, 893-7439, nwitten@murfreesborotn.gov

Swim Academy

According to the Center for Disease Control, there are over 3,500 drownings each year in the United States. Of those drownings, 25% are under the age of 14. Does your child know how to swim? It's never to early to begin thinking about aquatic safety. Sports*Com offers swim lessons for children ages 5-12 yrs! Our classes are based on the American Red Cross Learn-to-Swim program and taught by certified Water Safety Instructors. Adult Lessons

are also available!

Ages: 5-12 & 18+
Dates: March 2 – March 18, 2010 (Tuesdays & Thursdays / Classes begin from

4 p.m. -6 p.m. depending on level)

April 6 – April 22, 2010 (Tuesdays & Thursdays / Classes begin from 4 p.m. -6 p.m. depending on level)
May 4 – May 20, 2010 (Tuesdays & Thursdays / Classes begin from

4 p.m. -6 p.m. depending on level)

April 10 – May 1, 2010 (Saturdays / Classes begin from 9 a.m. -11 a.m.

depending on level)

May 8 - May 29, 2010 (Saturdays / Classes begin from 9 a.m. -11 a.m.

depending on level)
Location: Sports*Com Indoor Pool
Fee: \$60 ** Registration is required

Contact: Nate Williams, 895-5040 / nwilliams@murfreesborotn.gov



American Red Cross Lifeguard Class

Become certified to teach American Red Cross Lifeguard Courses! Participants must be currently certified as an American Red Cross lifeguard and be at least 17 years old.

Ages: 17 +

Dates: April 8 – April 11, 2009

Days: Thursday, Friday, Saturday & Sunday

Times: 5:00 - 9:00 p.m. (Th & F), 8:00 a.m.-5:00 p.m. (Sat), & 1:00 – 5:00 p.m. (Sun)

Location: Sports*Com

Fee: \$145 **Registration is required

Contact: Nate Williams, 895-5040 / nwilliams@murfreesborotn.gov

American Red Cross Water Safety Instructor Class

Become certified by the American Red Cross to teach swim lessons. This class will instruct you how to teach strokes for swimmers and

non-swimmers of all ages.

Ages: 15 + Dates: April

Pates: April 23 - 25, 2009

Days: Friday, Saturday, and Sunday

Times: 5:00-9:00 p.m., 8:00 a.m. – 5:00 p.m., & 1:00-5:00 p.m.

Location: Sports*Com

Fee: \$145 **Registration is Required

Contact: Nate Williams 895-5040 / nwilliams@murfreesborotn.gov





American Red Cross Lifeguard Class

Learn skills and knowledge to prevent and respond to aquatic emergencies. Prerequisites: 500-yd Swim & 20-yd brick retrieval. Upon passing, candidates will be certified in Lifeguarding & First Aid, CPR/AED for the professional rescuer & Oxygen Administration.

Ages: 15 +

Dates: April 29 – May 2, 2009

Days: Thursday, Friday, Saturday, and Sunday

Times: 5:00-9:00 p.m., 5:00-9:00 p.m., 8:00 a.m.-5:00 p.m., & 1:00-5:00 p.m.

Location: Sports*Com

Fee: \$145 **Registration is required

Contact: Nate Williams, 895-5040 / nwilliams@murfreesborotn.gov

St. Patrick's Day Getaway

After the success of our last St. Patty's Day Getaway we have decided to bring it back! Join us for the swimming, fun and tie-dyeing as we celebrate the day of the Irish! Please bring an item you would like to tie dye. This could be a shirt, a pillowcase or even a towel! Dinner will be provided along with an Irish sweet treat. Make sure to keep your eyes open for the missing pot of gold!

Ages: 7 years to 12 years
Dates: March 12, 2010
Days: Friday
Times: 6 p.m. – 10 p.m.

Location: Patterson Park Community Center

Fee: \$5.00 Preregistration is available. Limited number of spots available.

Contact: Niki Witten 893-7439 nwitten@murfreesborotn.gov

Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday nights! This is an activity designed for swimmers who are comfortable in the deep end of the pool.



Early Bird Swim - Sports*Com & Patterson Park Indoor Pools

There is nothing like a refreshing swim to get your day started! Take advantage of the opportunity to do just that at the Sports*Com and Patterson indoor pools this winter. The pools will be open Monday through Friday, 6 a.m. to 8 a.m., for those who want a great and invigorating morning workout.

Ages: All ages
Dates: Ongoing
Days: Monday – Friday
Time: 6 a.m. – 8 a.m.

Location: Sports*Com & Patterson Park Indoor Pools
Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
Contact: Nate Williams, 895-5040 / nwilliams@murfreesborotn.gov

Morning Water Aerobics

If you're looking for a great way to get in shape and a great way have fun at the same time, then join us for a water exercise class. Whether you are a fit being, looking for a challenge or recovering from a surgery or suffering from arthritis, we have something for you. The 8:00 a.m. class is an intense workout that will get your day started off right. The 9:00 a.m. class will sooth your joints and inspire you to spend more of your mornings in the pool because of how good you will feel after-

wards!

Ages: ALL

Days: Monday – Friday
Time: 8 a.m. & 9 a.m.
Location: Patterson Park Pool
Fee: \$4.00 or premium pass

Contact: Niki Witten – 615-893-7439, nwitten@murfreesborotn.gov

Evening H20 Cardio Class

This class is for the working people of Murfreesboro! It is ideal for those just getting off work and ready to work out the stress for the day.

It is a low impact, fast paced class aimed to up your heart rate and burn those calories off. Don't be fooled though.

After your cardio section there will be time to target the abs, tone your arms and lift that bottom with special moves that only the water allows. It truly

is a great way to get or stay in shape that is a bit out of the norm!

Ages: ALL

Days: Monday, Wednesday & Friday
Time: 5:30 p.m. - 6:30 p.m.
Location: Patterson Park Pool
Fee: \$4.00 or premium pass
Contact: Niki Witten - 615-893-7439,
nwitten@murfreesborotn.gov

Dive Into Water Polo on Tuesday nights!







Homeschool P.E.

Homeschool P.E. is for children from 1st-9th grade to participate in physical education activities. Classes are divided up into two groups. Mondays and Wednesdays are for grades 1st-4th. Tuesdays and Thursdays are for grades 5th-9th. Space is limited to 25 children per class, so please call 893-7439 in advance to reserve your spot. Children under the age of 8 must have a parent/legal guardian present at all

times.

Ages: 1st – 9th grade

Date: Beginning January 11 – May 27

Day: Mondays and Wednesdays for grades 1st – 4th Tuesdays and Thursdays for grades 5th – 9th

Time: 1 p.m. – 2 p.m.

Location: Patterson Park Community Center Fee: \$3 per child or Premium Admission Contact: Mike Philpott @ 893-7439 ext. 18

Homeschool P.E. —8th-12th Grades

This 45-minute class will focus on teaching students the skills needed to make physical activity a part of their everyday lives. Students will learn fundamentals of weight-lifting and how to use the facility's weight equipment as well as how to choose and design personal

cardiovascular programs.

Ages: 13 to 17

Date: Jan.5-April 29
Day: Tuesdays and Thursdays

Time: 2:00-2:45 p.m.
Location: Sports*Com Weight Room

Fee: Premium Pass--Students must preregister as space will be limited

to insure quality instructor/student time.

Contact: Allison Davidson, 895-5040

Murfreesboro Track and Field

MTF (Murfreesboro Track and Field) is a great opportunity to get out and get active. Track and Field is a rewarding sport that anyone can participate in. Our trained staff will help prepare athletes for the coming track season. Practices will be held on Monday nights as we prepare for the Local Hershey's Track and Field meet. Registration will be held throughout the month of March at Sports*Com and the Barfield Crescent Office.

Ages: 9 - 14

Dates: Mondays beginning April 12th

Time: 5:30 p.m.

Location: Riverdale High School Track Fee: \$25 (fee includes T-shirt)

Contact: Thomas Laird - 615-867-4913 / tlaird@murfreesborotn.gov

Spring Racquetball League

The Racquetball League is designed for men and women of all skill levels, who are 13 years of age and older, to compete against others in about a 7-week season with a tournament at the end of the season. Each player will be assigned an opponent, but it will be up to the players to schedule the exact time and day to play. The fee for the league is \$15(Patterson Park Community Center admission is not included in the \$15), which covers a league T-shirt and tournament prizes. Available Divisions are as follows: A = Pro, B = Advanced, C = Novice, Women's, 50 +, and 17 & Under.

Ages: 13 and up

Date: Sign-ups February 8 – March 21

League Play Tentative Start Date April 4
Day: Day and time will be determined between opponents.
Time: Day and time will be determined between opponents.

Location: Patterson Park Community Center

Fee: \$15 per player (Patterson Park Community Center admission is not included in

the \$15)







Youth and Adult Tennis Lessons (Session 1)

Learn the basics in the sport of tennis such as serving, forehand, backhand, and tennis techniques. There will be three (3) classes: Children's Class (Ages 8 – 11) (Note: Must be 8 years old as of the first day of class); Youth Class (Ages 12 – 17); and Adult Class (18 & Up). Classes are held on Tuesdays and Thursdays. Note: There is a limit of twelve(12) participants per class. Must have at least four (4) participants for the class to make.

8 years old - Adults Ages: Date: June 8-24, 2010 Days: Tuesdays and Thursdays

Children's Class (Ages 8 - 11) 5:00 pm - 6:00 pm Time: Youth Class (Ages 12 - 17) 6:00 pm - 7:00 pm

Adult Class (Ages 18+) 7:00 pm - 8:00 pm

Location: Old Fort Park Tennis Courts

\$60.00 Fee:

Contact: Dennis Nipper 907-2251 e-mail

dnipper@murfreesborotn.gov

Youth and Adult Tennis Lessons (Session 2)

Learn the basics in the sport of tennis such as serving, forehand, backhand, and tennis techniques. There will be three (3) classes: Children's Class (Ages 8 - 11) (Note: Must be 8 years old as of the first day of class); Youth Class (Ages 12 - 17); and Adult Class (18 & Up). Classes are held on Tuesdays and Thursdays. Note: There is a limit of twelve (12) participants per class. Must have at least four (4) participants for the class to make.

8 years old - Adults Ages: Date: July 6-22, 2010 Days: Tuesdays and Thursdays

Children's Class (Ages 8 – 11) 5:00 - 6:00 pm Time: Youth Class (Ages 12 – 17) Old Fort Park Location:



Youth Volleyball

Bump, set and spike it at Sports*Com, as qualified coaches give instruction on every aspect of the game. From beginners to advanced players, youth volleyball athletes in middle school and high school will get the opportunity to develop and refine their skills.

Ages: Dates: Thursdays 4:30 to 6:00 p.m. Time: Location: Sports*Com Fee: \$3 per visit

Thomas Laird – 615-867-4913 /tlaird@murfreesborotn.

Contact:



Youth Basketball

Join other youths in practicing their skills and participate in full court scrimmages.

Ages: Youth Date: March-May

Monday, Wednesday, Friday Day:

Time: 3:00p.m. - 5:00p.m.

Location: McFadden Community Center

Fee: Free

Contact: THE STAFF, 893-1802

Adult Basketball

Get in shape and have fun at the same time. Join other adults in full court games.

Adult Ages:

Date: March-May

Monday, Wednesday, Friday Day:

5:00p.m. - 7:45p.m.

Location: McFadden Community Center

Fee: Free

Contact: THE STAFF, 893-1802





Sunshine Players

Murfreesboro Parks and Recreation Department's Sunshine Players is a teaching theatre, celebrating over 20 years for childeren and youth ages 4-17. They produce six plays per season.

The Sunshine Players is a membership group with a, once a fiscal year fee, of \$30.00. This fee helps offset the costs of producing theatre-sets, props, costumes, space, staff, and marketing, it also allowes the member to recieve free acting lessons, a season t-shirt, and discount tickets to shows they are not participating in.

Sunshine Player juniors are ages 4-10 and have at least two showes geared towards their age group. Sunshine Player seniors are ages 11-17 and are eligable to audition for five productions. For more information, please email Terri Womack at twomack@murfreesborotn.gov.

Sunshine Player Programs

Acting Classes
These classes are held in The Theatre at Patterson

Mondays – ages 4-7 / 5:30 – 6:15 p.m.

Tuesdays – ages 8-17 / 5:30 – 6:15 p.m.

Film-Makers Workshop

Held on the second Saturday of each month in The Theatre at Patterson Park, this workshop is open to ages 10 and up and will explain and demonstrate how to write a script, direct, film and edit.

Nonmembers wishing to take classes or workshops will pay the youth admission fee to Patterson Park - \$3.00 or use a premium pass.



Did You Know??

The Theatre at Patterson Park is available for rentals?



Visit www.murfreesborotn.gov/parks for more information!



Cultural Arts



Auditions & Productions

How to Eat Like a Child (and other lessons in not being grown-up)

This musical romp through the joys and sorrows of being a child is hilarious. Children give 23 lessons in such subjects as how to beg for a dog, how to torture your sister, how to act after being sent to your room and how to laugh hysterically. There are parts for 20 actors and singers between the ages of 5 and 15.

Auditions:

Sunday, February 28 / 2-4 p.m. Monday, March 1 / 6:30-8:30 p.m.

Production:

Friday and Saturday April 9 & 10, at 7:00 p.m. Sunday, April 11, at 2:00 p.m. Location: The Theatre at Patterson Park

CIRCUS! CIRCUS!

Based on the theme of our very first show, each one act revolves around the circus. Directed by our teen members, these one acts are guaranteed to provide entertainment! Auditions are open to all ages of Sunshine Player members! Auditions:

> Sunday, April 25 & 26 / 2-4 p.m. Monday, April 26 / 6:30-8:30 p.m.

Production:

Friday and Saturday June 11 and 12 at 7:00 p.m. June 13 at 2:00 p.m.

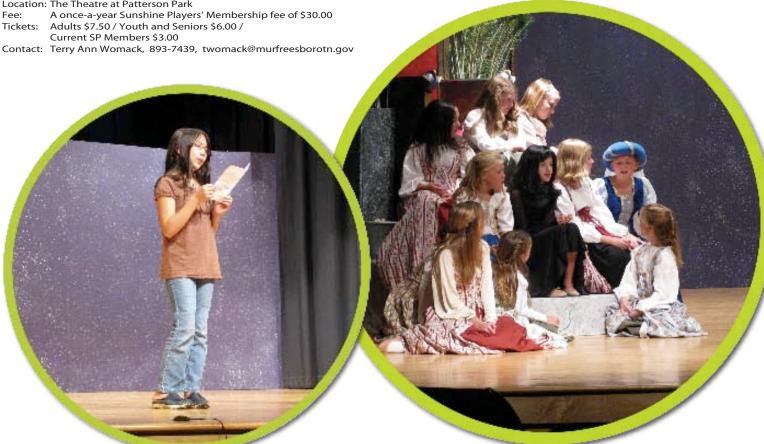
Location: The Theatre at Patterson Park Fee:

A once-a-year Sunshine Players' Membership fee of \$30.00

Tickets: Adults \$7.50 / Youth and Seniors \$6.00 /

Current SP Members \$3.00

Contact: Terry Ann Womack, 893-7439, twomack@murfreesborotn.gov







This program is great for children ages 3 – 5 to learn the basics of gymnastics. In these classes they will learn balance, hand-eye coordination, fitness, and beginner level gymnastics skills.

Age(s):

March 2 – April 27, 2010 Date:

Gymnastics

(No class March 23)

Dav: Tuesdays Time: 9:00 a.m. - 9:45 a.m.

Location: Patterson Park Adult Gym

\$30.00 Preregistration is required

Contact: Trina Pullum, 893-7439

Tumbleweeds

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot—space is limited.

Ages:

Mondays & Wednesdays Days: 10:30-11:15 a.m.

Time:

Location: Sports*Com Aerobic Room

\$3.00 or premium pass. Preregistration is required.

Contact: Allison Davidson 895-5040

A, B, C, 1, 2,3... Let's Go

This program offers a variety of programs that appeal to toddlers and preschoolers. We will sing songs, have active and passive games, story, a short lesson (letter or number), and do a craft! Hold on because this program moves fast (almost as fast as your toddler does)!

Ages: 2-5 years

Day(s): **Every Tuesday and Thursday** Dates: March, April, and May

10:00-10:45a.m. Time: Location: Patterson Park Community Center

Free with premium pass or \$3.00 registration required

Contact: Trina Pullum, 893-7439

Book Worms

Preschool age children and their parents visit different stations for a yummy snack craft, an art craft a story/ cuddle time in the MHL Library. Each month will focus on a central theme.

Day(s):2nd Thusday of each month Dates: March 11, April 8, May 13

10:00-10:45 a.m.

Location: Patterson Community Center-

MGL Library

Fee: Free with premium pass or \$3.00

Toddler Time with Thomas

Little kids love to play and that's what they do while learning to wait their turn, follow directions and work together to accomplish simple goals. The focus is on body part recognition, cognitive skill development and, of course, FUN.

5 and Under Ages: Dates: Fridays Time: 10 a.m. Location: Sports*Com \$3 per visit Fee:

Contact: Thomas Laird – 615-867-4913 / tlaird@murfreesborotn.gov

Busy Bees

This great toddler class focuses on following directions, participating in a group environment, improving coordination and practicing good sportsmanship. Call ahead to reserve your spot!







Spring Time Tea Party

Spring is a time of renewal and the perfect time for a spring tea party with your friends. Join Mrs. Trina for a variety of spring-themed activities at this special tea. Wear your newest spring outfit and invite a friend.

Ages: 3-12
Day(s): Saturday
Dates: March 27
Time: 11am – 12 pm
Location: GED room
Fee: \$3:00/child

Contact: Trina Pullum, 615-893-7439

Class is limited to 15 (Registration required)



American Girl Spring Tea

Bring your favorite American Girl Doll as we celebrate spring in our 1800's Leeman House. Remember to dress in your finest spring attire. Refreshments will be served.

Ages: 4- 10 Date: April 24 Day(s): Saturday

Time: 11:00 a.m.- 1:00 p.m.

Location: Cannonsburgh Village- Leeman House Fee: \$2.50/child (Reservation Required) Contact: Kathy Owen at Cannonsburgh, 890-0355

Little House on the Prairie Book & Craft Club

Do you love the Little House books? Join us in book discussions & craft activities in the "Little House" at Cannonsburgh. Learn sewing skills, make Laura paper dolls or string Carrie's Button Strings while chatting about your favorite stories and characters from the Little House series. Don't forget to come dressed in your best pioneer attire.

Age: 6- 10
Day (s): Saturday
Date: March 20, 2010
Time: 1:00 p.m. – 3:00 p.m.

Location: Leeman House at Cannonsburgh Village Fee: \$2.50/child (Registration required) Contact: Debbie Moore at Cannonsburgh, 890-0355

Homework Help

Are your grades where they need to be? Let us assist you with homework and projects.

Ages: All ages
Date: March-May
Day: Monday thru Friday
Time: 3:00p.m.- 5:30 p.m.

Location: McFadden Community Center

Fee: Free

Contact: THE STAFF 893-1802

Academic Club

Various activities pertaining to subjects learned in school. Science experiments, group reading and discussion, drama and dance.

Ages: All ages
Date: March-May
Day: Tuesday
Time: 4:45p.m - 5:45p.m.
Location: McFadden
Community Center
Fee: Free
Contact: THE



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School Field Trips to Cannonsburgh

Field trips include a tour of Cannonsburgh Village (an 1800's reconstructed village), hayrides, a craft, and hands-on projects.

Ages: Any

Date: Year-round Time: 9a.m. - 2p.m.

Location: Cannonsburgh Village, 312 S. Front St Fee: \$2.00 per child/ Teachers Free

Contact: Cannonsburgh, 890-0355, or tcline@murfreesborotn.gov

Registration is required.

A Classroom Presentation of Cannonsburgh Village

The Staff of Cannonsburgh Village would like to encourage children and teachers to learn about early local history. Using a hands-on traveling exhibit in a flapper doodle, along with the original artifacts and creative activities, children will be motivated to learn about the early beginnings of Murfreesboro.

Ages: Elementary and Middle School

Date: Year-round
Time: 8a.m.-3p.m.
Location: All local schools
Fee: \$1.00 per child

Contact: Cannonsburgh, 890-0355, or tcline@murfreesborotn.gov

May Day Plant Swap

Would you like some new plants for your yard? Join us to share your extra plants with others, take home a new plant for yourself and add a part of your garden to Cannonsburgh Village. Bring at least two potted perennial plants, one to swap and one to donate to the grounds of Cannonsburgh. Don't forget herbs and heirloom plants are especially needed for the gardens.

Age: All
Day(s): Saturday
Date: May 1, 2010

Time: 10:00 a.m. - 12:00 p.m. Location: Cannonsburgh Village Fee: Two perennial plants

Contact: Debbie Moore at Cannonsburgh, 890-0355

Free Day in May

Tour Cannonsburgh Village; information will be available for all the rental of the facility. Staff will be on hand to answer any questions regarding your wedding plans, family reunions and help you plan your event at Cannonsburgh.

Ages: Any
Date: May 15, 2010
Time: 10a.m.-5p.m.
Location: Cannonsburgh Village

Egg: Erge

Contact: 890-0355 Cannonsburgh Village

Spring Candlelight

Tours of Cannonsburgh Village

Come explore the historic buildings of Cannonsbugh Village and the stories behind them. The tour will be conducted by a costumed tour guide, and the buildings will be open to walk through.

Age: Åll
Day (s): Friday
Date: March 5,19
Time: 7:00 p.m. – 9:00 p.m.
Location: Cannonsburgh Village

Fee: \$2.50

Contact: Kathy Owen at Cannonsburgh, 890-0355

Yard Sale at Cannonsburgh

Come sell your unwanted items at Cannonsburgh or just come shopping. You can rent a space to sell your items. You can bring your own tables or you can rent one from us.

Ages: All

Date: March 27, 2010 Time: 7a.m. - 2p.m.

Location: Cannonsburgh Village

Fee: \$10 booth fee/Table rental \$5 each

Contact: Cannonsburgh, 890-0355,

tcline@murfreesborotn.gov







MGL & Patterson Park Senior Fellowship

Enjoy informative speakers on topics of interest to seniors, activities, food and lots of fun. Hosted by Cornelia Cooper with the MGL Library and Trina Pullum.

Ages: Seniors

Day(s): The first Thursday of each month

Dates: March 4, April 1, May 6

Time: 12:00-1:30 pm

Location: MGL Library inside Patterson Park

Fee:Free

Contact: Trina Pullum, 615-893-7439

Coupon Swap

Need to save money? Want to shop smarter? Then come in and exchange coupons for groceries with other

participants. Participants can barter for coupons they really need or want with coupons that they have. There will be some restrictions such as no alcohol or tobacco coupons and no gift cards. Come with a load of coupons and plan to leave with ones that you

need and will even use!

Ages: 16+ or (12 and older accompanied by an adult)

Dates: March 12, April 9, and May 14, 2010

Days: Fridays Time: 6:00 - 7:00 p.m.

Location: Patterson Park meeting room

Fee: FREI

Contact: Trina Pullum, 893-7439, x37 or tpullum@murfreesborotn.gov

Sunday Series of fun!

In March we'll decorate an outdoor light. In April, "Grosslogy" returns. Don't wear your Sunday best, "cause we'll be messy! May brings more "Grosslogy"!

Ages: Families (including single parents, and extended families)

Date: March 14, 2010; April 11, 2010; May 16, 2010

Day: Sundays Times: 2:00 – 4:00 pm

Location: Old Fort Park Pavilion #3

Fee: A bag of non-perishable food items per family

Contact: Marlane Sewell, 893-2141 or msewell@murfreesborotn.gov

Community Bingo

Join other adults for a lively game of Bingo. Small prizes will be awarded along with a Grand Prize drawing at the conclusion of the game. Your Bingo admission will also allow you to visit the Game Room for a game of pool or walk the fitness track. What a value!

Ages: Adults and seniors

Day(s): Third Wednesday of each month

Dates: March17, April 21, May 19

Time: 10:00-11:00a.m.
Location: PPCC Dining Room
Fee: \$2.00, includes admission
Contact: Trina Pullum 893-7439







Try something new. In March we'll decorate stepping stones; April is copper enameling for beginners with Terry Womack; and May is decorating outdoor candle holders. Registration begins the first working day each month at St. Clair Street Senior Center. Space is limited to 15 per class.

Age(s): 60+

Dates: March 8, 2010, April 12, 2010, May 10, 2010

Day: Mondays Times: 1:00 to 4:00 pm

Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street

Fee: None

Contact: Marlane Sewell, 615-893-2141, msewell@murfreesborotn.gov

"Bead Buddies & Loomy Birds"

We are adding beading to our Wednesday repertoire. Bring your current needework project, knitting loom, or beads, wire, and jewelry tools for and enjoyable

and fun afternoon!

Ages: 60+

Date: March 3 thru
May 26, 2010
Day; Wednesdays
Time: 1:30 – 3:30 p.m.
Location: St. Clair Street

Senior Center Fee: none Contact: Marlane Sewell,

893-2141

Get Crafty!

St. Clair Classics March Dance

Enjoy an evening of dancing to the music of Sax & Sound: Jim Salleems Band. Admission is \$5.00 per person at the door. For more information call Yvonne Jones, 896-6050.

Ages: 60+ Date: March 13, 2010

Day: Saturday Time: 7:00 to 10:00 p.m.

Location: St. Clair Street Senior Center, 325 St. Clair Street

Fee: \$5.00 at the door

Contact: Yvonne Jones, 896-6050.

St. Patrick's Day Party

It's the luck of the Irish at our party with the music of Bill Sleeter. Co-sponsored by St. Clair Street Senior Center. Be sure to wear your GREEN! No fees for admission.

Register at 848-2550.

Ages: 60+

 Date:
 March 17, 2010

 Day:
 Wednesday

 Time:
 9:00 – 11:00 am

Location:St. Clair Street Senior Center, 325 St.Clair Street

Contact : Marlane Sewell, 615/893-2141; msewell@murfreesborotn.gov or Brenda Elliott, 615/848-2550; belliott@murfreesborotn.gov

Blarney Bingo

It's the luck of the Irish at Blarney Bingo. Celebrate St. Patrick's Day by playing for GREEN prizes.

No admission fee or preregistration.

Ages: 60+

Date: March 17, 2010 Day: Wednesday Time: 12:30 – 1:15 pm

Location: Hosted by St. Clair Street Senior Center, 325 St. Clair Street Contact: Marlane Sewell 615/893-2141; msewell@murfreesborotn.gov







Chicken Foot Friday

We're taking your chicken foot skills to a new level with a tournament. New players welcome too; beginner's luck could rein! Refreshments served.

Ages: 60+

Date: March 26, 2010

Day: Friday

Time: 1:00 – 4:00 pm

Location: Hosted by St. Clair Street Senior Center, 325 St.Clair Street Contact: Marlane Sewell, 615/893-2141; msewell@murfreesborotn.gov

Canasta Tournament

It's our second annual spring canasta tournament with refreshments and prizes. Cosponsored by MPRD and St. Clair Street Senior Center. New and experienced players

welcome. Registration requested; call 848-2550.

Ages: 60+

Dates: April 8, 2010
Days: Thursday
Time: 1:00 to 4:00 pm

Location: St. Clair Street Senior Center

Fee: None

Contact: Marlane Sewell, 615-893-2141; msewell@murfreesborotn.gov





St. Clair Classics' 10th Anniversary Dance

Enjoy an evening of dancing to the music of the Debbie Bailes Trio. Admission is \$5.00 per person at the door.

For more information call Yvonne Jones, 896-6050.

Ages: 60+

Date: April 9, 2010 Day: Friday

Time: 7:00 to 10:00 p.m.

Location: St. Clair Street Senior Center, 325 St. Clair Street

Fee: \$5.00 at the door

Contact: Yvonne Jones, 896-6050.

Bridge Tournament

It's our annual tournament with refreshments and prizes provided by MPRD. New and experienced players

welcome. Registration requested; call 848-2550.

Ages: 60+

Dates: April 22, 2010 Days: Thursday Time: 1:00 to 4:00 pm

Location: Hosted by St. Clair Street Senior Center

Fee: None

Contact: Marlane Sewell, 615-893-2141; msewell@murfreesborotn.gov

St. Clair Street Senior Center offers a variety of services, programs, and activities for individuals age 60 and over. The Center is open weekdays 8 a.m. to 4:30 p.m. and Saturdays 12:30 to 3:30 p.m. and special occasions. Phone: 848-2550



Spring Dance

Put on your dancing shoes and join us for the music of The Chessman. Cosponsored by MPRD, the St. Clair Street Senior Center, and the St. Clair Classics. Admission is \$5.00 per person at the door. Refreshments provided by MPRD and St.CSSC beginning at 6:30 pm.

Ages: 60+

Date: May 14, 2010

Day: Friday

Time: 7:00 to 10:00 p.m. Refreshments served at 6:30 pm Location: St. Clair Street Senior Center, 325 St. Clair Street

Fee: \$5.00 at the door Contact: Yvonne Jones 896-6050.

National Senior Health & Fitness Day

We are seniors and we work at staying fit!
Join the Parks and Recreation staff and the St. Clair Senior
Center staff to see how you can "be in the middle" of
staying fit! Lunch provided by Mid-Cumberland
Nutrition; reservations for lunch are required by Tuesday
May 18th by calling 895-1870.

Ages: 60+

Date: May 26, 2010 Day: Wednesday

Time: 9:00 – 1:00 pm; includes lunch if reserved by May 18th Location: St. Clair Street Senior Center, 325 St. Clair Street

Contact: Marlane Sewell 615/893-2141; msewell@murfreesborotn.gov; Allison Davidson 895-5040; adavidson@murfreesborotn.gov or

Lisa Foster 848-2550; Ifoster@murfreesborotn.gov



What is National Senior Health & Fitness Day?

National Senior Health & Fitness Day is a nationwide health and fitness event for older adults, always held the last Wednesday in May during Older Americans Month. 2010 will mark the 17th year of the program, and more than 100,000 older adults will participate at local events at more than 1,000 locations across the country on the same day. The event's goals are to promote the importance of regular physical activity, and to showcase what local organizations are doing to improve the health and fitness of older adults in their communities.

Come Join Us May 26th at Saint Clair Street
Senior Center & "be in the middle" of staying fit!







Wild Things

Frogs, birds, and bugs...oh my!
Salamanders, snakes, and squirrels that fly!
Toddlers learn to play and sing, and take home crafts with nature themes.

Adventures made one-size fits all...so tots and

parents can have a ball!
Ages: 1 – 4years with adult
Day: Wednesdays

Times: 9:30 a.m. & 10:30 p.m.

(Call on the Tuesday before for reservations.)

Location: Wilderness Station

Fee: \$3.00 Reservation required. Contact: Wilderness Station, 217 – 3017



You asked for it and here it is...Has your toddler "graduated" from Wild Things and looking for the next step? Growing Up Wild is an internationally used program developed by Project Wild that helps explore nature with young children to foster an interest and appreciation of wildlife and the natural world around them. Come join us for a Wild Time!

Ages: 3 – 6 years with adult

Day: Tuesdays (NO CLASS MARCH 16, 2010)

Time: 10:30 a.m. (Call on the Monday before for reservations.)

Location: Wilderness Station

Fee: \$3.00 Reservation required. Contact: Wilderness Station 217 – 3017

Strollercoaster Mom's Group

Use your baby's stroller as portable equipment while we power walk on the Greenway for an hour. Then join us for an optional "Stay and Play" for the kids to have a little non-stroller time. Enjoy meeting other moms and get in shape while exploring Murfreesboro and spending time with your child. We can share the ups/downs and loop-de-loops of motherhood. Anyone can join in at anytime. No membership or registration is necessary!

Ages: Newborn – 5 years and adults

Time: 9 a.m. – 10 a.m. to walk, then stay and play until 10:30 or so

Fee: Free

Contact: Angela Jackson at 893-2141 or ajackson@murfreesborotn.gov

In inclement weather, call 890-5333 for cancellation information. Find addresses and map-links for each location at www.murfreesborotn.

gov/parks Thursday Location Stav and Plav March 4 General Bragg Trailhead playground playground March 11 Barfield Crescent Park, shelter #4 March 18 Old Fort Park, meet behind Kids' Castle playground March 25 Thompson Lane Trailhead balls & play equipment provided April 1 College Street Trailhead playground 8 liraA Cannonsburgh Trailhead explore the village April 15 Cason Trailhead playground April 22 Murfree Spring Wetland (Discovery Center) playground or museum

April 29 Old Fort Park, Overall Street Trailhead musical parade, instruments provided

May 6 Barfield Crescent Park, Wilderness Station meet & greet the critters
May 13 General Bragg Trailhead playground

May 20 Thompson Lane Trailhead Lunch together, group's choice



Choose one of our exciting nature themed programs led by a park naturalist. Visit our website for full descriptions, pricing, and scheduling at www.murfreesborotn.gov/ parks under Wilderness Station.





Save the Green!

Here's a chance to save some green! Don't stress over your food and landscaping budget this year. Turn challenges into opportunities! Attend any one of these special talks to learn how to reduce your water bill, grow fresh fruits and vegetables inexpensively on your patio, deck, or balcony, or how to simply increase the entertainment value of your yard while giving back to the local (and migrating) wildlife! Presentations will be for adults, but at home projects can include the family, grandkids or neighborhood. Get Outdoors. Look closer. Get moving. Grow!

Age: Adults

Date: Every Friday in March

March 5 – How to make a Rain Barrel – Vena Jones, Cumberland River Compact

March 12 – Grow vegetables on your patio using containers and "Urban Tiered Gardens"- South Branch Nursery and Garden Center Staff

March 19 – Make affordable and reuseable self-watering garden containers - Jack Smith – Rutherford County

Master Gardeners

March 26 – Awareness + Habitat = An Entertaining Backyard Wildlife

Sanctuary

Deb Paschall & Outdoor Recreation Staff.

Time: 6:00 p.m.

Location: Wilderness Station

ree: \$3.00

Contact: Deborah Paschall 217-3017

Sunset Hikes

There is such beauty in a sunset and oftentimes we take it for granted. Enjoy a leisurely hike and learn interesting facts about our great yellow star. Then, relax as the sun sinks from our sky while enjoying your sundowner (a yummy drink). A short hike is involved so wear comfortable footwear.

Ages: 8 and up

Dates: April 17 and May 1 Time: 7 p.m.

Location: Wilderness Station

Fee: \$3.00 per person – Sundowners (drinks) included.

Adult Bird Hike and Coffee Talk

Search for spring migrants and resident birds of Barfield Crescent Park with a park naturalist and then stay for a cup of migratory bird – friendly coffee and visit with friends new and old. Please bring your own binoculars if you have them. We have a few to lend out on a first come-first serve basis. All levels of experience are welcome and appreciated. Reservations are required.

Ages: Adult

Dates: Tuesdays, March 23rd, April 13th, May 11th

Time: 7:30 a.m.

Location: Wilderness Station



Butterfly Egg and Caterpillar Hunts

It's early spring, but the Monarchs may have graced us with a fly-by leaving their tiny eggs on tender milkweed leaves. Later in the season, other species like the clever Spicebush Swallowtail and others will begin to make their appearance. Come see what surprises we might find in the ever-changing Caterpillar Garden!

Ages: All Egg Hunts Dates/Times:

Saturday, April 10, 10 a.m. Tuesday, April 20, 10 a.m. Saturday, April 24, 10 a.m.

Location: Shelter # 9 near the Wilderness Station Fee: \$3.00 per child. (Adults free with kids.)

Caterpillar Hunts Dates/Times:

> Tuesday, May 4, 1 p.m. Thursday, May 13, 1 p.m. Saturday, May 15, 1 p.m.

Location: Shelter # 9 near the Wilderness Station Fee: \$3.00 per child. (Adults free with kids.)

Contact: Deborah Paschall, 642-3148 or the Wilderness Station, 217-3017



Love butterflies? Love gardening? Love being outdoors? Share your enthusiasm with others! Assist the staff with the butterfly conservation and education program by volunteering to assist with groups large and small. Help is needed for on-campus school programs, Wilderness Station field trips, and basic gardening and butterfly raising chores. Volunteer as a family too! Become good community stewards. Volunteer! Call for more details. Fun volunteer training programs will be provided

throughout the spring and summer!

Ages: Adults, Teens, and Families - 1st Grade & up with an Adult

Date/Times:

Friday, March 26, 10 a.m. Saturday, April 10, 1 p.m. Tuesday, April 20, 1 p.m. Location: Shelter # 9 near the Wilderness

near the Wilderness Station Fee: Free.

Contact: Deborah Paschall, 642-3148 or the Wilderness Station, 217-3017





Bicycle Tours of the Stones River National Battlefield

Stones River National Battlefield will present ranger guided bicycle tours of the battlefield. Get healthy, reduce your carbon footprint, and learn about the major Civil War battle that occurred here in late 1862 and early 1863. The tour will take visitors through the battlefield using the tour road and the Stones River Greenway, and will cover five to six miles.

At several points during the ride, the ranger will stop to discuss the actions that affected the outcome of the Battle of Stones River. Some of the stories included are the fighting in the Slaughter Pen, the desperate stand of the Union army along the Nashville Pike, and the terrible climax to the battle on the banks of the Stones River.

Ages: All

Date: Saturdays from April through October

Time: 8:45 a.m. - 10:00 a.m.

Location: Stones River National Battlefield

Fee: Free

Bring: Bike, helmet (helmets required for children ages 16 and under)

Contact: Call Stones River National Battlefield at 893-9501

Registration Required

Tennessee Valley Winds

Tennessee Valley Winds is a community concert band / wind ensemble, conducted by Terry Jolley. Join us at the Cason Trailhead for an afternoon of music in the park; bring lawn chairs or blankets. Presented by Friends of the Greenway.

Ages: All

Date: Sunday, April 25th

Time: 2:00 p.m. to 4:00 p.m.

Location: Cason Trailhead, 1100 Cason Trail

Fee: Free

Contact: Angela Jackson, 893-2141 or

ajackson@murfreesborotn.gov



Animal Encounters

What is that crawling, slithering, sliding, flying, and hopping across the trail or even in your backyard? Each week we will look at one of our resident education animals for a mini lesson of animals that call Tennessee home. Come out and meet the best teachers we have

- the animals! Ages: Saturdays Day:

(April 24th - moved to Snake Appreciation Day at

General Bragg)

(May 22nd - moved to World Turtle Day at Discovery Center)

Time: 1:30 - 2 p.m. Location: Wilderness Station

Fee: Free



Snake Appreciation Day

Snakes are among nature's most misunderstood creatures. This is a fun and exciting day for us to become better acquainted with our reptile friends and learn about the beneficial role they can play in natural habitats. There will be something for all ages from crafts and stories for the young and young-at-heart, to up-close interactions with an assortment of various snakes and a presentation featuring Dr. Vince Cobb, professor of Biology at MTSU, and his research with water snakes along Murfreesboro's Stones River Greenway.

Ages: All Day: Saturday April 24th Date: Time: 1 p.m. - 3 p.m.

Location: General Bragg Trailhead

Contact: Rachel Singer, 217 – 3017 or rsinger@murfreesborotn.gov

May Day Plant Swap

Would you like some new plants for your yard? Join us to share your extra plants with others, take home a new plant for yourself and add a part of your garden to Cannonsburgh Village. Bring at least two potted perennial plants, one to swap and one to donate to the grounds of Cannonsburgh. Don't forget herbs and heirloom plants are especially needed for the gardens.

Age: Day(s): Saturday Date: May 1, 2010

Time: 10:00 a.m. - 12:00 p.m. Location: Cannonsburgh Village Two perennial plants Fee:

Contact: Debbie Moore at Cannonsburgh, 890-0355

A Stones Throw Away: A Cleanup Along the Greenway

We need your help cleaning up the greenway! Volunteers will pick up trash beside the trail, on the banks of Stones River and Lytle Creek, or even in the water. Keep a close watch for tags hidden on the trash

- they can be exchanged for prizes! Provided: Trash bags, gloves, water and snacks

Wear sturdy shoes and clothes that can get wet and dirty. Bring:

Ages:

Date: Saturday, May 15th

9:00 a.m. to 12:00 noon Time:

Location: Overall Street Trailhead at Old Fort Park, 410 Overall Street

Fee:

Contact: Angela Jackson, 893-2141 or ajackson@murfreesborotn.gov

Sunday Pickins'

In celebration of our first ten years of programming, The Wilderness Station once again presents "Sunday Pickins," a front porch gathering of talented musicians - young and old! Attention all pickers: Bring your favorite (acoustic) instruments for an "in-the-round" performance. Although, a very casual setting, an MC will lead the fun to ensure equal time in the spotlight. A jam session and sing along will follow. Murfreesboro has some incredible musicians. All music styles welcome. Attention grinners: Don't miss this great listening opportunity right here at home!

Ages:

Dates: May 16 & May 23

Days: Sundays Time:

Location: Wilderness Station's Front Porch (inside if foul weather)

Fee:

Contact: Deborah Paschall, 217-3017







Camping Experiences at Barfield Crescent Park -

Choose from the 2 experiences listed below or join us for both. Scouts, youth groups, and other organizations, please call if you would like to schedule Backpacking 101 for another date. All campers are required to complete a free Wilderness Awareness Workshop prior to camping with us.

Backpacking 101

Pack lightly! It's a hike into the campground and a perfect distance to experience backpacking for the first time or for a 100th time! A quick one-night outing. Little gear is needed. Tents (2-person & 4-person), ground cloths, sleeping pads, and backpacks (available in both youth and adult sizes) are available by request when registering to camp. Don't forget to schedule your Wilderness Awareness Workshop when you register.

Ages: April 16 Date:

Time: Check-in between 4p.m. and 8 p.m.

Location: Wilderness Station - Barfield Park Campground

\$5.00 per person Fee:

Wilderness Station 217 - 3017 Contact:

Registration required.

The Great Family Campout Experience

It's still backpacking but made as family-friendly as possible. Begin with an easy 1 mile hike in to the campground. Once there, park staff will be on-hand to help you set up and settle in. Various activities will be planned throughout the night for you to choose to participate in or just relax in front of the campfire. Dinner and breakfast will be provided and are included in your registration fee. Guided Night Hikes, Owl Prowls, Children's Activities and Games, Campfire Fun, and Music will make this camping experience a night to remember. Tents (2-person & 4-person), ground cloths, sleeping pads, and backpacks (available in both youth and adult sizes) are available by request when registering to camp. Don't forget to schedule your Wilderness Awareness Workshop when you register.

Menu -

Hotdogs or Campfire Pita Pizza, chips, baked beans, drink Dinner:

Dessert: S'Mores

Breakfast: Muffins, coffee, and orange juice

Ages: Date:

Time:

Check-In between 4 p.m. and 6:30 p.m.

Location: Wilderness Station - Barfield Park Campground

\$8.00 / Adult -- \$4.00 Children 5-12 – Children 4 and under are Fee:

free with paying adult.

Contact: Wilderness Station, 217 - 3017

Registration required.

Wilderness Awareness Workshop

This program is required prior to camping at the Barfield Park Campground. This fun, light-hearted presentation is designed to include campground etiquette and Leave No Trace outdoor ethics. Please call for scheduled dates for your family or group at 217–3017.

Campfire Circle

Campfires are filled with magic and make great memories for families, couples, and individuals. Join us on a fun and memorable adventure and leave your worries at home. First, meander along a paved trail at twilight for a guided nature hike. Spring has arrived and the animals are thankful it's warming up. Learn what they have been doing all winter and why they are singing for joy this spring. Arrive at the glowing fire for a tasty treat and then settle in for songs, skits, and friendships that ignite. It's fun for the whole family.

Ages:

April 9, May 28 Dates: Time: 6:30 p.m. - 8:30 p.m. Location: Wilderness Station Fee: \$3.00 per person

Contact: Wilderness Station 217 - 3017





Homeschool: Cedar Glades

This series will take an in-depth, hands-on approach to discovering an endangered ecosystem. Found only in a few areas of the southeastern United States, Rutherford County hosts numerous Cedar Glades. These fragile ecosystems have suffered from human-impact due to lack of understanding. Together we will explore the glades, study the characteristics of these areas, learn adaptations of plants and wildlife that call it home, and look at what threatens them. Fun, engaging activities, hikes, and experiments await students as we learn about this globally unique place.

Ages: 10 - 15 years

Thursdays, March 4th – 25th Dates:

1p.m. – 3 p.m. Time: Location: Wilderness Station

\$20 for all 4 classes Registration is required by March 1st Contact: Rachel Singer at 217 – 3017 or rsinger@murfreesborotn.gov

Homeschool: Wetlands in Our Backyards

May is wetlands month! Join us as we look at our wetlands around town and discover how important they are to us. We will take an in-depth look into the functions, types, and what threatens these misunderstood places. Registration is required and space is limited so sign up early. Students will earn a Wetlands Stewardship Certificate upon completion of the series.

Ages: 10 - 15 years

Dates: Thursdays, April 22nd - May 13th

Time: 1p.m. – 3 p.m.

Location:

April 22nd -Wilderness Station "Wetland Science" April 29th-Murfree Springs "Wetland Functions and

Threats"

May 6th- Nickajack Wetland "Wetland Field Study"

May 13th-Oaklands (meet at pavilion)

"Protect Your Wetlands"

\$20 for all 4 classes Registration is Fee: required by April 16th

Contact: Rachel Singer at 217 - 3017 or rsinger@murfreesborotn.gov

Teachers. Homeschoolers, & Scouts: Field Trips & Field Studies for your group:

We have added several new programs to share with your group. We can now accommodate large classes or small rotational groups. All programs are correlated with state standards or can be adjusted to satisfy badge requirements. Contact Rachel Singer for a complete list of programs and locations at 217 – 3017. Also, you may e-mail rsinger@murfreesborotn.gov or check out our website at www.murfreesborotn.gov/parks under Greenway & Wetlands or Wilderness Station.

Service Learning Projects

Service Learning programs with Murfreesboro Parks and Recreation offer exciting opportunities for hands-on learning and environmental stewardship! Through these programs students and community service groups will learn about local ecosystems and complete a service project.

Invasive Plants (grades 3 – 12)

o Learning Component: Meet some of our local invasive plant species and learn how and where they live, and some reasons to control them.

o Service Component: Help to identify and control some invasive plants along the greenway and in the wetlands. Water Quality in Lytle Creek (grades 4 – 12)

o Learning Component: Test water quality at Lytle Creek and the Stones River.

o Service Component: Students will help plant, weed or mulch areas near the creek in

> the riparian zone. The Problem with Pollution (grades 3 - 12)

> > o Learning Component: Learn about the sources of pollution and how it affects the ecosystem.

> > > o Service Component: Students will pick up trash along the greenway or in the wetlands.

Call for more information, schedule availability, and locations.

Contact the

Greenway office 893-2141 or rsinger@murfreesborotn.



GLOBE: Water Monitoring

Global Learning and Observations to Benefit the Environment (GLOBE) is a hands-on international environmental science and education program. GLOBE links students, teachers, citizens, and the scientific community in an effort to learn more about our environment through citizen data collection and observation. Join our trained staff as we monitor the Stones River throughout the year and help contribute to this international data base.

Ages: 6 to Adult
Date: Friday, March 19th
Time: 1 p.m. – 2 p.m.

Location: Lytle Creek on the Greenway - meet at the Overall Street

Trailhead in Old Fort Park

Date: Saturday, March 20th Time: 10 a.m. – 12 p.m. Location: Wilderness Station

Contact: Rachel Singer 217 – 3017 or rsinger@murfreesborotn.gov

Break OUT - Get OUTside!

Don't spend your Spring Break indoors in front of the TV or playing video games. Come OUT to the Wilderness Station for some fun, family activities OUT-side! Migrate with the birds. Hoot with the owls. Slither with the snakes. Touch a flower with a butterfly. Crawl with a turtle. There's so much fun waiting for you OUT-

doors. Hear it. See it. Feel it. Experience it. Topics:

Monday, 22nd: Snakes

Tuesday, 23rd: Butterflies & Dragonflies

Wednesday, 24th: Birds
Thursday, 25th: Insects
Friday 26th: Turtles
Ages: All
Dates: March 22 – 26
Time: 2 p.m. – 4 p.m.

Location: Wilderness Station Fee: Free Contact: Wilderness





Backpacks for Education!

The Greenway and Wilderness Station are now offering free educational backpacks for morning and afternoon checkout. These backpacks are a great way to introduce your children or students to nature. Whether you're a teacher or interested parent, our educational backpacks offer fun and learning to children of all ages. Each backpack has a theme and includes specific learning material and lesson plans surrounding the theme. The themes are: Birds, Trees, Insects, and Wildflowers. So pick your favorite subject and get outside to explore and learn about Tennessee's beautiful wilderness.

Backpacks may be checked out at the Wilderness Station at Barfield Crescent Park.

Contact the Wilderness Station at 217-3017 for more information!







Hustle Soul Line

Dance

Dancing is an excellent way to lose weight, lower your blood pressure and cholesterol. You can laugh and meet new friends. New dances taught each month. Never danced before? No

problem. Walk-ins are welcomed. No dancer left behind,

on-site instructors.

Ages: All Ages

Mondays: 10:30 a.m. - 11:30 a.m., 7:30 p.m. - 8:30 p.m.

10:30 a.m. - 12:30 p.m. Wednesdays: Fridays: 6:00 p.m. – 8:00 p.m. Location: **PPCC Exercise Studio**

\$20.00 monthly or \$5.00 drop in Fee:

Contact: MJ Hollins 713-8143 or digitalmj@bellsouth.net

Martial Arts

Have you ever wanted to get in shape, gain selfconfidence, learn self-defense, increase flexibility, and have a great time? Join Bryan in the Patterson Exercise Studio for Martial Arts.

Ages:

Days: Tuesday, Thursday, Saturday

T & Th 7:30p.m. – 8:30p.m.; Sat. 10am – 12:00pm Time:

Location: **PPCC Exercise Studio** Fee: Contact Bryan Contact: Brvan Todd 584-1024

MJ's Detroit 30 minute Weight Lifting -Continues**

Continued - due to overwhelming popularity. The class will provide a total body strength training workout. Fact: strength training builds muscle and revs up your metabolism. Result: increased energy and a stronger healthier body!

Adult - all fitness levels welcome Age:

Day: Tuesday and Thursday Time: 6:15a.m.-6:45a.m. Location: Sports COM aerobic studio General pass or \$3.00 Fee:

** This class is a great complement to any running program!

Further information – Please call Jennifer Joines – 615-895-5040 or e-mail

jjoines@murfreesborotn.gov

Tai Chi

Tai Chi is an ancient Chinese discipline consisting of slow movements and postures done in a fluid and relaxed manner. It is used to reduce stress, increase flexibility, improve muscle strength, increase stamina and agility and increase the feeling of well-being.

Ages: 15 and up Dates: Ongoing

Thursday at Sports*Com Days:

Fridays and Saturdays at Patterson Park

Time: Thursdays 5:30-6:45 p.m.

Friday 7:00 a.m.-8:00 a.m., Saturday 12:30 p.m.- 1:00 p.m.

Location: Patterson Park Exercise Studio Contact Bret Hawkins Fee: Contact: Bret Hawkins @ 895-4932







Four-Week Fitness Boot Camp

If you are looking for a challenging workout or just want to challenge yourself come to Patterson's Fitness Boot Camp. Each class will consist of a 10 minute warm-up, 20 minutes of cardio, 20 minutes of core and strength training using partners, bands, body weight, and anything else we can think of for resistance, and a 10 minute cool-down and stretch period. Cardio and strength training will alternate throughout the class to keep the heart rate elevated and prevent boredom. Work at your own pace for different levels of difficulty. Participants must fill out a Par-Q and sign a release form. A doctor's release may be required. Class size is limited and you must preregister.

Ages: 16 & up

Beginning March 22 Ending April 16 Dates:

Monday, Wednesday, Friday Davs:

5:30 p.m. - 6:30 p.m. Time:

Location: Patterson Park, outside (inside during inclement weather)

Contact: Chad Hill C.S.C.S @ 893-7439 chill@murfreesborotn.gov

Trail-side Yoga

No mats required! We'll show you simple yet powerful stretches and postures that you can do on the Greenway after your walks or rides. You'll benefit from the peaceful stretches that will reduce your stress and increase your flexibility. Sitting and standing movements only, no lying or headstands required.

All ages Ages: April 9-April 30 Dates: Davs: Fridays Time: 8:30 a.m.

Location: Murfree Springs Wetland Trailhead (at Discovery Center)

Contact: Allison Davidson 895-5040

World Tai Chi Day

Join us and others around the world as we practice one of the oldest forms of exercise and natural health. If

you've ever been curious about tai chi, now is the time to

about.

Ages: All ages April 24, 2010 Dates: Saturday Davs: Time: 10:00 a.m. Location: Sports*Com

Aerobic Room Fee: Free

Contact: Allison Davidson

895-5040





Half Marathon Training for Beginners

Whether you're new to running or ready to try a half marathon, we've got the perfect plan for you! This is a 7 month total-body-fitness program! We'll provide the motivation to meet your fitness goals!

>Our first goal will span 13 weeks. The program will target beginning runners with the end result – finishing a 5K!

>Our 3 day workout schedule will consist of covering 3 miles in 45 minutes (running, jogging or walking are all acceptable). We will focus on the beginning runner, but all levels are welcome.

>During the next 13 weeks of the program we will advance to training for the Murfreesboro Middle Half Marathon by adding strength training and a fourth day of

>Lastly, we will discuss cross training, the importance of "off" days and how to personalize your workout

>To get started, please stop by the Sports COM and complete a registration form.

Adult Age:

Start Date: Monday, April 12, 2010 Day: Monday, Wednesday and Friday

Time: 6:15 a.m. -7:00 a.m.

Location: Meet in the Sports*Com lobby Fee: **FREE**

*Ability to walk 30 minutes continuously

Registration Required - Please call Jennifer Joines - 615-895-5040 or e-mail jjoines@murfreesborotn.gov



PATITIERSON GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Blast 8:30 - 9:30a.m.	Yoga 8:30 - 9:30a.m.	Cardio Blast 8:30 - 9:30a.m.	Pilates 8:30 - 9:30a.m.	Body Sculpt 8:30 - 9:30a.m.	
Senior Sensations 9:30 - 10:30a.m.	Zumba 9:30 - 10:30a.m.	Senior Sensations 9:30 - 10:30a.m.	Zumba 9:30 - 10:30a.m.	Senior Sensations 9:30 - 10:30a.m.	Saturday Surprise 9:00 - 10:00a.m.
	Zumba 4:30 - 5:30p.m.		Step-n-Sculpt 4:30 - 5:30p.m	Zumba 4:30 - 6:00p.m	
Step-n-Sculpt 5:30 - 6:30p.m.	Step-n-Sculpt 5:30 - 6:30p.m.		Cardio Blast 5:30 - 6:30p.m.		
Yoga 6:30 - 7:30p.m.	Step-n-Sculpt 6:30 - 7:30p.m.	Yoga 6:30 - 7:30p.m.	Zumba 6:30 - 7:30p.m.		

Body Sculpt

Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, physioballs and weights.

Cardio Blast

Incorporates boot-camp moves, step, and weight training to maximize your caloric output, fat burning and total body toning.

Pilates

Lengthen, strengthen and tone your way to a better body. Pilates concentrates on stabilization, alignment and core strength. Significant abdominal and lower back work.

Saturday Surprise

This class will vary each week depending on instructor and participant input. Get the workout you want!

Senior Sensations

Especially designed for sensational men and women over 50. This class will improve your cardiovascular capacity, as well as your flexibility.

Step-N-Sculpt

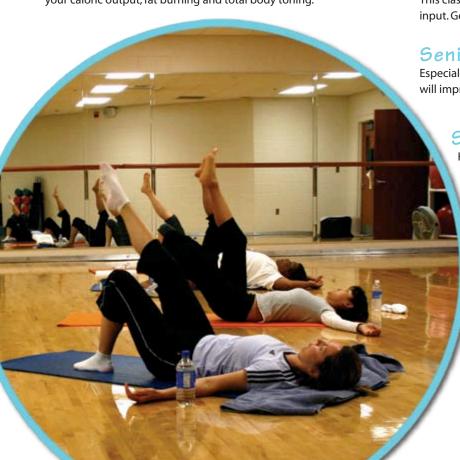
Have fun while giving your heart a great workout and then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

Yoga

For beginning and intermediate levels. The class focuses on improving your balance and flexibility, while at the same time reducing stress. A great way to wind down.

Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.







SPORTS*COM GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	X-Press 6:15-6:45a.m.		X-Press 6:15-6:45a.m.			
	Tai Chi 7:00-7:45a.m.		Tai Chi 7:00-7:45a.m.			
Yoga 8:00 - 9:00a.m.	Core Energy 8:00 - 9:00a.m.	B-B-C 8:00 - 9:00a.m.	Core Energy 8:00 - 9:00a.m.	B-B-C 8:00 - 9:00a.m.	Step/Tone 8:30 - 9:30a.m.	
Retro Fit 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro Fit 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro Fit 9:15-10:00a.m.		
Step/Tone 5:00 - 6:00p.m.	Total Body 5:00 - 6:00p.m.	Zumba 5:00 - 6:00p.m.	Total Body 5:00 - 6:00p.m.	Step 5:30 - 6:30p.m.		

Brick-Body-Circuit (B-B-C) An intense cardio and weight training class! Burn calories, build muscle

and have FUN using interval circuits. Consists of high, moderate and low impact movements with weight training.

Core Energy
This class concentrates on stabilization, alignment and core strength. Consists of standing moves and floor work with significant abdominal and lower back work.

Total Body
This is a nonstop workout that uses dumbbells, body bars, balls, steps and even your own body weight to help you develop the lean muscle tissue you need for a toned physique.

Retro-Fit
This is a weight-lifting class a notch or two easier than our regular Total Body classes. Perfect for beginners and older clientele; consists of basic moves focusing on strength and flexibility.

Step & Step/Tone
This class consists of basic and not-so-basic moves using a traditional aerobic step. Designed for most fitness levels, it consists of moderate to high impact cardiovascular movements and may include additional toning and abdominal exercises.

This class focuses on improving balance and flexibility as well as assisting in reducing stress. For beginning and intermediate levels.

Tai Chi

Based on an ancient Chinese discipline, this class consists of slow movements, gentle postures and relaxed minds and bodies. Perfect for all ages and levels. Consists of standing and moving postures.

X-Press

30 minutes of straight weight lifting joy. A perfect quickie workout or complement to your regular routine (or our running club).







2010 CAMPS-AT A GLANCE

Camp Name	Ages	6/1-4	6/7-11	6/14-18	6/21-25	6/28-7/2	7/5-9	7/12-16	7/19-23
Sports Camp	8-14		Х	Х	Х	Х	Х	Х	
Tennis Camp	9-14								Х
Cheer Camp	6-12							Х	
Guard Start Camp	11-14				Х			Х	
Nature Camp	6-8			Х			Х		
Adventure Camp	9-12 & 11-14			X (Ages 9-12)				X (Ages 11-14)	
Reptile Camp	9-12		Х						
Heritage Camp	8-10 & 11-14			X (Ages 8-10)					X (Ages 11-14)
Summer Kayak Club (Thursdays Only)	13-18	Х	Х	Х	Х	Х	Х		



Murfreesboro Parks and Recreation program staff look forward to making meaningful memories for your child this summer. Our staff has extensive training that emphasizes basic philosophies about appropriate developmental activities, various learning styles, conflict management, safety, diversity, positive behavior reinforcement and more! For summer job opportunities with MPRD, please check the Job Listings section of the city website:

www.murfreesborotn.gov.



Reptile Camp

Join us for a week of up close and personal with some of the most misunderstood animals. We will explore water, woods, and fields looking and learning about these creatures from where they live to what makes them unique. The days will be packed with hikes, talks, crafts, games, and, of course, reptiles!

Ages: 9 – 12 yrs
Dates: June 7 – 11
Time: 9 am – 4 pm

Fee: \$ 65.00 + \$ 10.00 program fee

Location: Wilderness Station

Contact: Rachel Singer, 217 - 3017 or rsinger@murfreesborotn.gov

MPRD Summer Sports Camp

Do your kids want to have fun and play sports this summer? Then send them to the MPRD Summer Sports Camp at Sports*Com. Your child will participate in different sports each day such as basketball, dodgeball, flag football, rag ball and swimming just to name a few. All sports will be organized and supervised by our trained athletic Sstaff.

Location: Sports*Com

Dates: June 7-11, 14-18, 21-25, June 28-July 2, July 5-9

and July 12-16 2010

Times: 8:00 a.m. - 12:00 Noon Ages: Boys and Girls 8-14

Fee: \$40.00 + \$10.00 program fee per participant per week. Contact: Gary Arbit, 895-5040, or Thomas Laird, 867-4913







Heritage Camp (Week One)

Campers will put themselves in the place of the early settlers of Tennessee, experiencing some of their crafts, chores, hearthstone cooking, and daily lives.

Ages: 8-10
Date: June 14-18
Time: 9a.m. to 1 p.m.

Location: Cannonsburgh Village, 312 S. Front St

Fee: \$40.00 + \$10.00 program fee

Contact: Cannonsburgh, 890-0355, or shodges@murfreesborotn.gov

Nature Camp

Catch a crawdad. Hike a trail. Watch a heron. Wander along a creek bank. Fly a kite. Touch a snake.

Examine an insect. Investigate an animal track. Explore the woods. Plant a native flower. Make a new friend.

Play a new game. Create a camp craft. Experience nature.

Ages: 6 - 8 yrs Dates & Locations:

June 14 – 18 at Cason Trailhead and

July 5-9 at General Bragg Trailhead (West College Street)

Time: 9:00 a.m. - 12:00 p.m.

Fee: \$40.00 + \$10.00 program fee

Contact: Angela Jackson at 893-2141 or ajackson@murfreesborotn.gov

Guard Start Camp

Are you tired of the same old summer camps? Do something unique and learn how to save lives! Become an American Red Cross Jr. Lifeguard! At this camp, you will learn First-Aid, CPR, water rescues, & you will be able to tell your friends that you're a certified Jr. Lifeguard.

Ages: 11 – 14 years

Dates: Camp #1: June 21– 25, 2010 & Camp #2: July 12 – 16, 2010

Time: 9:00 a.m. – 12:00 p.m. Location: Sports*Com Outdoor Pool

Fee: \$50.00

Contact: Nate Williams – 895-5040 / nwilliams@murfreesborotn.gov

High Adventure awaits you this week. Learn new outdoor skills that will test your courage, make your heart race, get you laughing, and help you to appreciate what the great outdoors has to offer.

Ages: 9 – 12 years
Dates: June 21 – 25
Ages: 11 – 14 years
Dates: July 12 – 16
Time: 9 am – 4 pm

location: Meet at the Wi;derness Station Fee: \$65.00 + \$ 10.00 equipment fee

Contact: Rachel Singer, 217 – 3017 or rsinger@murfreesborotn.gov







Summer Kayak Club

Hey Teens! Summer's around the corner and it's time to find something to do in the great city of Murfreesboro. How about spending your time and energy on the waterways that are around us. Every week we will embark on a new adventure along the Stones River. Learn kayak paddle strokes, how to read the river, and water safety techniques while meeting new friends. Registration begins March 1st and is filled on a first-come basis.

Age: 13 – 18

Days: Thursdays, June 3 – July 8

Time: 2 pm – 5 pm Locations: will vary

Fee: \$100.00 for 6 adventures

Contact: Rachel Singer, 217 - 3017 or rsinger@murfreesborotn.gov



Cheerleading Camp

Interested in becoming a cheerleader? Have tryouts approaching? Then this is the program for you! Learn the basic fundamentals of motions, jumps, voice projection, crowd appeal, and stunt safety. Each person will receive a t-shirt for participating.

Ages: 6-12

Dates: July 12 through July 16, 2009

Days: Monday - Friday Time: 9:00 a.m. - 12:00 p.m.

 ${\color{blue} \textbf{Location: Patterson Park Community Center Adult Gym}}$

Fee: \$50.00

Contact: Becki Johnson, 893-7439 or bjohnson@murfreesborotn.gov





Heritage Camp (Week Two)

Campers will put themselves in the place of the early settlers of Tennessee, experiencing some of their crafts, chores, hearthstone cooking, and daily lives.

11-14 Ages: Date: July 19-23 9 a.m. to 1 p.m.

Location: Cannonsburgh Village 312 S. Front St Fee:

\$40.00 + \$10.00 program fee

Contact: Cannonsburgh, 890-0355, or shodges@murfreesborotn.gov

Cannonsburgh Village . . .

The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925. Located at 312 S. Front Street in Murfreesboro, TN.

Cannonsburgh is ADA accessible. Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, visitor's center and period gifts.

Winter Office Hours: December 1, 2008 - April 17, 2009 - Visitor's Center open Tuesday through Friday, 10 a.m. - 4 p.m. Closed Saturday, Sunday & Monday. The historic buildings are closed through the winter. The farm implements, tractors and grounds may be viewed year-round.

The Williamson Chapel, Leeman House and Gazebo are available for weddings and receptions on weekdays and weekends. Cannonsburgh is also available for company picnics, social gatherings or themed events. Call Tuesday through Friday, 10 a.m. - 4 p.m.. for rental fee info and day/time availability at 615/890-0355.

Spring-Fall Office Hours: April 18, 2009 - November 30, 2009 - Visitors Center open Tuesday through Saturday, 10 a.m. - 5 p.m., Sunday 1 p.m. - 5 p.m. Closed Monday.

Youth Tennis Camp

The camp is designed to teach the fundamentals of the sport of tennis (i.e. forehand swing) to boys and girls between the ages of 9 to 14. The camp will help each child to improve on his or her tennis skills under the instruction of a qualified tennis instructor.

Ages:

Date: July 19th - 23rd Days: Monday - Friday Time: 9:00 a.m. - 12:00 p.m.

Location: Old Fort Park Tennis Complex

The cost is \$40.00 for the week. Each participant will

receive a 2010 Tennis Camp T - shirt. Tennis balls will be

furnished.

Contact: Dennis Nipper, 907-2251



Check out the 16 new tennis courts at Old Fort Park! They are now open for play! Call 907-2251 to reserve.



How to Register for Camp:

Registration Locations

Sports*Com

2310 Memorial Blvd. Murfreesboro, TN 37129 615.895.5040

Main Office

697 Barfield Crescent Rd. Murfreesboro, TN 37128 615.890.5333

Patterson Community Center

521 Mercury Blvd. Murfreesboro, TN 37130 615.893.7439

Refund Policy

- A full refund will be given when patron cancels more than one week prior to the activity, event, facility rental, program, other rentals and/or services.
- -A \$5.00 administrative fee or 5% charge of the total fee paid, whichever is greater, will be assessed to the patron when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services one week or less prior to the activity, event, etc.
- A prorated fee will be assessed to the patron once the program, class or activity has begun and patron cancels or drops out of said program, class or activity.



